

4 Easy Steps: MRSA Prevention Strategies

1. Wash Your Hands

- Wet hands with clean, warm running water and apply soap
- Rub hands together to make a lather and scrub all surfaces
- Continue rubbing hands for 15 seconds
- Rinse hands well under running water
- Dry your hands with a paper towel
- Use a paper towel to turn off the faucet
- Use alcohol-based hand sanitizer when soap and water are not available

**WASH OUT
MRSA**

2. Do Not Share Personal Items

- Towels
- Razors
- Bedding
- Clothing

4. Clean and Cover Open Wounds

- Clean surfaces regularly
- Ensure frequently touched surfaces are cleaned at least daily

3. Regularly Clean Environmental Surfaces

- Keep wounds covered with a clean and dry bandage
- Dispose of bandages in a closed baggy so as not to have contact with other people
- Wash hands immediately after contact with wound

